



Becca's Potato Bacon Soup

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices processed cheese food cut into small pieces
- ☐ 2 carrots shredded
- ☐ 0.5 teaspoon celery seed
- ☐ 4 cups chicken broth as needed
- ☐ 6 slices bacon crumbled cooked to taste
- ☐ 1 tablespoon parsley dried
- ☐ 0.3 cup flour all-purpose
- ☐ 6 green onions chopped
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 2 cups milk
- ☐ 6 cups potatoes cubed peeled
- ☐ 1 onion yellow chopped

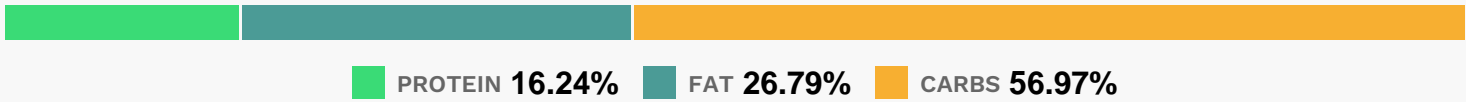
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Place cooked bacon in a large stockpot over medium-high heat; add potatoes, chicken broth, carrots, onion, parsley, celery seed, salt, and pepper. Bring mixture to a boil, cover stockpot with a lid, reduce heat to medium-low, and simmer, stirring frequently and slightly mashing potatoes, until potatoes are fully cooked, at least 20 minutes.
- ☐ Add extra chicken broth if needed.
- ☐ Whisk milk and flour together in a bowl or measuring cup until frothy; slowly pour into soup while constantly stirring. Bring soup back to a simmer and cook until soup is thickened, 3 to 5 minutes.
- ☐ Remove soup from heat and stir in American cheese until completely melted. Ladle soup into serving bowls and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:60.26, Glycemic Load:32.53, Inflammation Score:-10, Nutrition Score:24.173913354459%

Flavonoids

Apigenin: 15.14mg, Apigenin: 15.14mg, Apigenin: 15.14mg, Apigenin: 15.14mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg,

Isorhamnetin: 2.02mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.52mg, Quercetin: 6.52mg,
Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 349.63kcal (17.48%), Fat: 10.58g (16.28%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 50.65g (16.88%),
Net Carbohydrates: 44.56g (16.2%), Sugar: 8.6g (9.56%), Cholesterol: 34.81mg (11.6%), Sodium: 1011.66mg (43.99%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.44g (28.88%), Vitamin A: 3798.34IU (75.97%), Vitamin C:
46.63mg (56.52%), Vitamin B6: 0.78mg (39.2%), Phosphorus: 353.91mg (35.39%), Potassium: 1235.83mg (35.31%),
Vitamin K: 36.91µg (35.15%), Calcium: 306.22mg (30.62%), Manganese: 0.57mg (28.48%), Fiber: 6.09g (24.35%),
Vitamin B1: 0.36mg (24.27%), Vitamin B2: 0.38mg (22.58%), Vitamin B3: 4.12mg (20.62%), Magnesium: 75.8mg
(18.95%), Selenium: 11.71µg (16.73%), Copper: 0.31mg (15.3%), Folate: 59.91µg (14.98%), Iron: 2.59mg (14.38%),
Vitamin B12: 0.77µg (12.8%), Zinc: 1.84mg (12.26%), Vitamin B5: 1.2mg (12%), Vitamin D: 1.01µg (6.74%), Vitamin E:
0.51mg (3.4%)